

Pfc. Daniel Brown, 3rd Squadron, 4th Cavalry Regiment, 3rd BCT, launches a Raven, an unmanned aerial vehicle, during the Raven Operators Course, Sept. 11, at Schofield Barracks.



## Raven operators strike hard

Story and photo by  
**STAFF SGT. TRAMEL GARRETT**  
25th Infantry Division

SCHOFIELD BARRACKS — Picture a hot summer day in Afghanistan, and a squad of Soldiers assigned to the 3rd Brigade Combat Team preparing to convoy to their next checkpoint.

Usually, the squad has to mentally prepare for the unknown, but the advancement of technology works in their favor.

The unit is fortunate enough to have a Raven operator, who deploys the unmanned aerial vehicle (UAV) before the unit begins to travel. With 360 degrees of surveillance, the Raven’s camera can observe enemy Soldiers staged for an ambush. The Soldiers are able to avoid a firefight and, ultimately, save lives and equipment.

This example is just one of how crucial the Raven can be to a unit’s mission.

The Ravens intelligence, surveillance and reconnaissance capabilities prove to be vital on the battlefield.

In the past, many units didn’t know what kind of potential danger awaited them, but now Soldiers have an advantage in the air, which can impact the fight on the front lines.

Now, numerous units are sending more Soldiers to attend the Raven Operator Course and gain the upper hand in combat.

“We are trying to make sure every unit has operations,” said Sgt. Michael Tackett, Raven Operator

Course instructor, 3rd BCT. “This equipment is unit level and an immense combat multiplier.

“This capability helps ensure the protection of each unit,” Tackett added.

This hand-launched UAV can be controlled remotely or by its global positioning system. In addition, it is easy to carry, lightweight and ideal for combat movement.

“It can be set up anywhere and launched to gather intelligence,” said Tackett, who trained the operators on maintaining the equipment, as well as hands-on training.

The “Bronco” Brigade Soldiers repeatedly assemble the Raven and undergo a vigorous flight mission preparation block of instruction.

“This was a fun and exciting course,” said Spc. Gabriel Contreras, Alpha Battery, 3rd Battalion, 7th Field Artillery Regiment, 3rd BCT. “This will help my unit during our missions, and it’s good for any Soldier to know.

“When you can see what’s ahead of you, it leaves no doubt the Raven is a useful tool,” Contreras added.

The Raven is an instrument to ensure safety for each unit. For example, battle damage assessments, threats in the area or combat security can be transmitted instantaneously to commanders on the ground.

“I believe the Raven will become a bigger and more important part of the mission as we move forward simply because it’s such a useful tool,” said Tackett.

## 94th AAMDC makes history at exercise

Story and photo by  
**SGT. 1ST CLASS JAQUETTA GOODEN**  
94th Army Air and Missile Defense Command  
Public Affairs

ANDERSON AIR FORCE BASE, Guam — Soldiers from the 94th Army Air and Missile Defense Command Headquarters, Charlie Battery, 1-1 Air Defense Artillery and Task Force Talon, came together for exercise Valiant Shield 2014, which began Sept. 15 and concluded Sept. 22.

U.S. forces from around the Pacific Rim took part in this annual exercise.

Valiant Shield enables joint forces to work together and gain real-world proficiency in detecting, locating, tracking and engaging threats at sea, in the air, on land and in cyberspace.

The Soldiers of the 94th AAMDC, C/1-1 ADA and Task Force Talon will make their mark in history as the first U.S. Soldiers to participate in Valiant Shield. This exercise marks the sixth one in the Valiant Shield series since it began in 2006.

The 94th AAMDC, which serves as the higher headquarters to C/1-1 ADA and Task Force Talon, will test out its Air/Missile Defense Planning and Control System during this war-gaming exercise.

“The AMDPCS system supports air defense operations. It allows the Army Air and Missile Defense Command to consolidate and coordinate with all the Army air defense assets in the region” said Capt. Lee C. Humphrey, battle captain, 94th AAMDC.

“This impressive technology enables the joint services to work together, to sharpen our collective ability to provide organized command and control, and data links, needed by



Soldiers from Charlie Battery, 1-1 Air Defense Artillery, conduct maintenance on Patriot equipment during exercise Valiant Shield 2014, the largest biennial exercise that focuses on integration of joint training between U.S. forces.

our joint partners, and to respond to any contingency where it matters, when it matters,” said Humphrey.

Valiant Shield is the largest biennial exercise that focuses on integration of joint training between U.S. forces, bringing together an estimated 18,000 service members from the U.S. Army, Navy, Air Force and Marine Corps.

Charlie Battery, 1-1 ADA, a patriot battery out of Okinawa, Japan, will be able to test their interoperability with other services during Valiant Shield.

“We are here as an expeditionary force, to improve our ability to rapidly deploy, and to integrate into the joint capabilities in the Pacific,” said 1st Lt. Samuel Bjorkman, fire control pla-

toon leader, C/1-1 ADA.

Valiant Shield allows the U.S. military to develop regional and global power projection capabilities that provide a full range of options to defend our national interests and those of our allies and partners around the world.

This training allows the services to work together as a joint force and collectively test tactics, techniques and procedures by demonstrating the ability to project power.

“Our joint counterparts have been extremely helpful to us during this training. The Soldiers have been faced with multiple challenges throughout the exercise; however, they used

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## Female hair & tattoos change

**LISA FERDINANDO**  
Army News Service

WASHINGTON — Today, the Army published revisions to Army Regulation 670-1, its policy for “Wear and Appearance of Army Uniforms and Insignia,” which included changes to female hairstyles and tattoos standards.

The service determined in a review that authorized hairstyles announced earlier this year limited female Soldiers’ hair grooming options.

The policy authorizes temporary, two-strand hair twists for women, and includes a number of updates to hairstyles for women. Dreadlocks or locks remain an unauthorized hairstyle.

As for tattoos, the new regulation allows enlisted Soldiers who have “grandfathered” tattoos to be considered for officer candidate school or warrant officer appointment without needing an exception to the policy.

A training package for Army leaders and Soldiers is available online at [www.armyg1.army.mil/hr/uniform/](http://www.armyg1.army.mil/hr/uniform/).

The Army plans to continue its long-standing practice of conducting perpetual reviews of its policies. In fact, Soldiers are encouraged to submit a DA Form 2028 to recommend changes. Requests with significant wear or policy changes should be endorsed through the Soldier’s senior level chain of command to the Army G-1.

“Wearing of the uniform as well as our overall military appearance should be a matter of personal pride for Soldiers,” Sgt. Maj. of the Army Raymond Chandler said. “Our commitment to the uniform and appearance standards is vital to your professionalism.”

“Every Soldier has the responsibility to know and follow these standards. Leaders at all levels also have the responsibility to interpret and enforce these standards, which begins by setting the appropriate example,” Chandler added. “Your actions help to ensure we continue to be trusted and revered by the American people we serve.”

### Female Hairstyles

The Army began reviewing its policies on female hairstyles soon after releasing the March 28, 2014, version of the regulation. In conjunction with the service’s review, the Department of Defense also requested a review in light of concerns that the hairstyle policies were too restrictive for African-American women.

This review included feedback from a panel of Soldiers comprised of the various demographics represented in the U.S. Army. Subsequently, Army officials believe the updated policy gives female Soldiers more options while maintaining a professional appearance.

The new regulation allows female Soldiers to have temporary twists or two pieces of hair neatly twisted together. Twists, cornrows and braids can be up to 1/2 inch in diameter. The previous maximum was a diameter of approximately 1/4 inch.

The Army removed the requirement that no more than 1/8 of an inch of scalp could show between braids. The Army requires braids, twists and cornrows worn against the

See POLICIES A-7



Lt. Col. James Tuite, commander of 1-21st Regt., 2nd SBCT, 25th ID, gives a brief on Stryker gunnery and how to improve the overall unit effectiveness with limited training area during the course. It was designed to provide basic knowledge of Stryker capabilities, which focused on maintenance, communication, gunnery, pre-combat checks (PCCs) and pre-combat inspections (PCIs) and Composite Risk Management.

## Decisive training shapes Warrior Brigade as cohesive

Story and photo by  
**STAFF SGT. CARLOS R. DAVIS**  
2nd Stryker Brigade Combat Team Public Affairs  
25th Infantry Division

SCHOFIELD BARRACKS — Leaders from the 2nd Stryker Brigade Combat Team, 25th Infantry Division, gathered together for the week of Sept. 15 for a New Leaders Orientation Course, here.

“We came here to shorten the learning curve for the new Stryker Brigade leaders and to help

improve them as a vital force as a whole,” said 1st Lt. Brian Schramke, the Stryker warfighter forum operations officer assigned to 7th Infantry Division.

Over the past few months, many of the brigade and battalions’ staff have either left the island for a permanent change of station or assumed a different role within the brigade, so the brigade took this opportunity to forge its staff into a cohesive team.

Throughout the week, the leaders held class-

room discussions on digital training, new gunnery standards that will be coming out in the near future, discovered new ways to accomplish gunnery, familiarization of the Stryker platform and learned from other brigades who have gone through Combat Training Center rotations and past deployments to better help their new leaders.

As the 25th ID moves forward and refocus-

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Police Call

# Driving under the influence is not worth it

**COL. DUANE MILLER**  
Director, Emergency Services,  
U.S. Army Garrison-Hawaii, and  
Commander, 8th Military Police Brigade,  
8th Theater Sustainment Command

For those who are 21 years of age and enjoy a few drinks now and then, pre-event planning can ensure everyone has a good time and, most importantly, that everyone gets home safely.

One of the most common downfalls of not planning ahead is taking the risk of driving when under the influence of an intoxicant. Driving under the influence of an intoxicant can have severe negative consequences on your family, your career and your life.

This year alone, there have already been 139 incidents of driving under the influence involving U.S. Army Hawaii. This fact has placed our fellow Soldiers, family members and civilians at great risk of injury or death. These violations have further negative consequences that can and will last a lifetime.

Alcohol-related offenses range from misdemeanor to felony, with penalties including, but not limited to, the following: imprisonment, community service, fines and license suspension. Additionally, on U.S. Army Garrison-Hawaii installations, there is an automatic one-

year on-post driving suspension for first-time violators of these laws and regulations.

All convictions also result in referral to substance abuse counseling.

For members of the military, driving under the influence can also have severe effects on an individual’s career. If a Soldier drives under the influence, he can face punishment through Article 15 proceedings, and the chain of command may initiate adverse administrative actions against the Soldier.

Administrative actions can include General Officer Memorandums of Reprimand (GOMOR), bars to re-enlistment or negative statements on evaluation reports (OER/NCOER).

With this negative information in your record, you could face separation from the military immediately following the incident, or during the next officer or enlisted separation board. Separation may be initiated after even a first alcohol-related incident; however, two serious alcohol-related incidents within 12



Miller

months will result in a mandatory initiation of separation.

Separation for driving under the influence could also mean a discharge under other than honorable conditions, which can prevent future employment opportunities and make you ineligible for future schooling. This can also potentially affect entitlements, such as the post 9/11 GI Bill.

Don’t let your decision to drive under the influence affect the rest of your life. Plan your evening and your ride home prior to heading out, and use the resources available to you when plans fall through.

In the end, the personal cost of driving under the influence of an intoxicant can range upwards of \$11,000. Consider this statistic compared to the average rate of hotel rooms in Honolulu or a taxi ride.

If at the end of the night, no one in your group is sober, call a friend, battle buddy or even your chain of command to coordinate a ride home. The Drunk Driving Prevention Program (DDPP) and Soldiers Against Drunk Driving (SADD) are organizations comprised of Soldiers and civilians who volunteer their time to provide free rides to those in need. When your night ends unex-



File photo

**A nondrinking designated driver should always be planned for events.**

pectedly, these individuals will ensure you make it home safely.

Driving under the influence puts you, your passengers and other travelers at risk. Be smart and make the choice to drive sober or not at all.

Resources

For more information about responsible driving programs and other options available, call (808) 888-7407, (808) 224-1907 or visit [www.ddpp.us](http://www.ddpp.us).

FOOTSTEPS in FAITH

## Why is confession the cure for all?

**CHAPLAIN (CAPT.) SAMUEL OLMOS**  
30th Signal Battalion

In 2004, a Vermont man by the name of Isaac Turnbaugh was found not guilty of killing Declan Lyons. The defense argued that Turnbaugh had a history of mental illness and that his particular illness caused him to make “false self-incriminating statements,” as reported by the “Burlington Free Press.”

So, the jury found that Turnbaugh’s confessions were lies and acquitted him of the charge.

In 2011, Turnbaugh once again confessed to the murder, but this time after calling and being questioned by the police. His plea to receive justice for the crime did nothing for him because of the legal doctrine known as double jeopardy, which says that citizens cannot be charged twice for the same crime.

So, as of today, Turnbaugh is a free man, but if his confession is sound, he appears to be a man bound by guilt and regret.

Guilt is a very powerful motivator. I once had a Soldier come to me in a camp in Iraq to confess the many love affairs he had while deployed. Since we had less than a month left in Iraq, he needed to unload the guilt and shame of his adultery before staring into the eyes of his wife back home.

Why this dire need to confess? Frankly, I believe that the guilt of not confessing will consume us. Many religions know this and include guilt ridding in their daily practice. For instance, the Buddhist practice of Sangha is a mandatory practice of confessing to their elders. In the Islamic religion, the practice of Istighfar is an important part of worship where participants seek forgiveness by repeating the words “astaghfirullah,” which means, “I seek forgiveness from Allah.”

In the Christian Scripture, guilt is defined as a sickness that makes people both spiritually and physically ill. The confessing of those faults to one another is what facilitates healing. The early Christian church understood this guilt-confession relationship and instituted “The Sacrament of Penance” as one of the Seven Sacred Sacraments.

Many people, such as the Soldier from Iraq and Isaac Turnbaugh, have wrestled with the guilt they have carried and arrived at a need to confess. It is almost as if there was this innate force compelling them to fess up to their mistakes.

I’m personally compelled at this moment to tell you to fess up to your mistakes and make things right with your friends, family and God, but I won’t. Instead, I’ll say this.

Are you feeling consumed by guilt or shame? Do past mistakes hit you like a wrecking ball when you least expect it? Does the thought of your past actions make you sick?

Then practice this wonderful resource known as confession that millions of people use on a daily basis. It might just be the healing you’ve been waiting for.



Olmos



Chief Warrant Officer 5 David Williams, Army Staff Senior Warrant Officer, meets with senior warrant officers assigned to USARPAC during his first visit to the Pacific region. Williams was chosen by Chief of Staff of the Army Gen. Raymond Odierno, who created the ARSTAF SWO to help advance the Warrant Officer Corps.

## CW5 visits USARPAC CWOs

Story and photo by  
**STAFF SGT. KYLE J. RICHARDSON**  
U.S. Army-Pacific Public Affairs

**FORT SHAFTER** — After seven months as the first Army Staff Senior Warrant Officer (ARSTAF SWO), Chief Warrant Officer 5 David Williams, takes his first trip to the Pacific region to meet with senior warrant officers assigned to U.S. Army-Pacific, Sept. 8-22.

Williams will spend several days with senior warrant officers stationed at Hawaii and South Korea discussing warrant officer issues, training and leader development.

Chief of Staff of the Army, Gen. Raymond Odierno, created the ARSTAF SWO to help advance the Warrant Officer Corps, which was established in 1918. The newly created position provides a bridge for warrant officers in the field with representation at the Pentagon, said Chief Warrant Officer 5 Mike Kelly, USARPAC’s senior warrant officer advisor.

Williams said the position provides the CSA subject matter expertise on all aspects of warrant officer training and development.

“The ARSTAF SWO will communicate with commanders and warrant officers throughout the ‘Total Army’ to ensure their concerns and recommendations are considered in decisions that will impact the future of the corps,” said Odierno. “The ARSTAF SWO will advise me on the proper balance of training, education and professional experience for warrant officers to ensure they are fully prepared to support the Army and joint force of the future.”

Williams stated he was honored to hold the position and planned to carry out the CSA’s intent.

“Whether I was the first, second or third person to hold this position doesn’t matter; it is an honor and a privilege, without question, to sit in this seat,” said Williams. “When you’re the first anything, there are some challenges. I’m kind of writing the playbook for the position, and I’m also making sure I follow the Chief of Staff’s intent as

I go along.”

While Williams has held the position since March, he has traveled around the U.S. meeting with senior warrant officers and discussing issues they have observed throughout the corps.

“Right now, I’m making sure warrant officers are filling warrant officer positions,” he said. “In the last few decades, the Army has gotten away from warrant officers being technical experts and filling other roles in organizations while contractors filled the roles of warrant officers.”

With more than 30,000 warrant officers making up less than three percent of the Army’s total, Williams said he expects to travel a lot.

“As I make my way around the Pacific, I want to make sure everyone understands the Chief of Staff’s top priorities,” Williams said. “I want to make sure the senior warrant officers understand how they can make improvements in leader development and make sure those who need their professional military education receive that opportunity.”

Williams also stated that the Army was cutting back on contractors and re-engaging warrant officers with their specialties. As the Army is preparing to change, he said that he wanted to ensure that the Warrant Officer Corps was ready for the way ahead.

“What we’re working on now is called Warrant Officer 2025,” he said. “What we’re trying to ascertain is what will the warrant officer in 2025 look like, what will that warrant officer need and do we have those resources in place.”

“One of the most important key factors for warrant officers, not only in the Pacific, but all across the Army, is that they understand they have to have balance when it comes to leader development and technical expertise,” he said.

As Williams continues to travel visiting with warrant officers, he said, overall, that the corps looks good, but there is always room for improvement and growth. He said he plans to assist the corps with the resources needed to make that change happen.

Voices of Ohana

September is National Hispanic Heritage Month.

“What do you find significant about National Hispanic Heritage Month?”

Photos by 516th Signal Brigade, 311th Sig. Command

“It’s a chance to learn more about the diversity of our organization.”

**Brenda Huntsinger**  
SHARP Victim Advocate,  
516th Sig. Bde.

“... Demonstrates the effect ... this beautiful culture has had on our people. ... This and the economic growth and diversity of our economy.”

**Sgt. Derek P. Roberts**  
Cmd. Group Driver,  
516th Sig. Bde.

“... A positive influence through their traditions and values. It’s an honor to celebrate and recognize cultural diversity.”

**Spc. Catherine Sowles**  
Strength Mgmt.  
Clerk, HHC Brigade  
S1, 516th Sig. Bde.

“... Their strong commitment to their professions, families, faith, hard work and community service.”

**Beverly Villa**  
Procurement Analyst/Contract Specialist,  
516th Sig. Bde.

“It allows us a moment to thank, recognize and respect the many contributions of Hispanics that have influenced our nation in numerous ways.”

**Sgt 1st Class Kesha Witherow**  
SHARP, 516th Brigade



Sgt. 1st Class Adora Gonzalez, 25th Infantry Division Public Affairs

Malaysian and U.S. Army Soldiers listen as Maj. Gen. Dato Mohd Shukuri bin Ahmad, general officer commanding of the Malaysian Army 2nd Infantry Division, announces the official start of Keris Strike 14, Sept. 13, in Kem Desa Pahlawan (KPC), Malaysia. Keris Strike 14 took place Sept. 13-26, near Kota Bharu.

# 8th HRSC set to spt. ‘Pathways’

**8TH THEATER SUSTAINMENT COMMAND**  
Public Affairs

FORT SHAFTER — They operate the high-speed equipment, lead the complex and precise missions, and take care of the souls to their left and right.

They are the Army’s most valuable resource. Without Soldiers, there is no Army at all.

If you’ve served more than a minute in uniform, you know that accountability — knowing where each and every one of your troops is at all times — is the heart of the Army.

For one relatively small unit based, here, that critical responsibility is the primary mission its Soldiers perform for troops across the region in support of almost every exercise and operation.

The less than 80 Soldiers assigned to the 8th Human Resources Sustainment Center are constantly providing HR services throughout the massive Pacific theater, making them the natural go-to experts for the Army’s Pacific Pathways concept.

The U.S. Army-Pacific-led initiative, which kicked off this month, involves deploying 700 Soldiers from 2-2 Stryker Brigade Combat Team, 7th Infantry Division, I Corps, out of Joint Base Lewis-McChord, Washington, to a series of bilateral exercises

and engagements throughout the Indo-Asia Pacific Region, and 8th HRSC troops will be at each of those exercises to both support and train on accountability systems.

Just 11 HRSC troops are set to support the three Pacific Pathways exercises, reflecting the efficiency, adaptability and expeditionary nature that the unit already provides to US-ARPAC operations.

“We are going to execute a number of human resources functions, primarily the personnel accountability piece,” said Lt. Col. Brian Ungerer, the deputy director of 8th HRSC.

He said the units rotating through the Pacific Pathways exercises may not have the internal capability provided by Deployed Theater Accountability Software, which allows for individual accountability of the 700 troops as they move throughout the Pacific.

These functions impact essentially every effort in the region, from enabling operational readiness, to building capacity and setting the theater for all phases of operations and global deployment.

“Our role in this is demonstration of how the system works, how it’s supposed to be tied in and also how to troubleshoot,” he explained.

He said this support/train approach will also assist with improving accountability procedures across the Army.



Photo courtesy 8th Human Resources Sustainment Center

**8th HRSC troops provide HR services and personnel accountability to participants during exercise Ulchi Freedom Guardian 2014 in Korea.**

When the Army transitioned to the modular force structure, a lot of assets at the headquarters for each echelon were removed, creating gaps within the G1 shops, he explained.

“You were still missing a link there in terms of providing situational awareness to commanders at all echelons,” Ungerer said. “All of the G1 shops are much smaller than they used to be. When you have a smaller G1 shop, who’s doing large-scale accountability, personnel planning and synchronization? That’s the gap that HRSC fills.”

He said the ultimate goal would be for the HRSC troops to assume even more of a coaching role during the next set of Pacific Pathways.

# Engineers demo skill physically, mentally

**1ST LT. BRETT CARTER**  
Headquarters and Headquarters Company, 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — The 84th Engineer Battalion demonstrated its commitment to developing and motivating its troops by reinvigorating a unit-wide competition, this month, designed to instill its engineers with a drive to stay physically fit and up-to-date on their Soldier tasks.

The quarterly competition, called the “Never Daunted Endurance Challenge,” named after the unit’s motto, “Never Daunted,” involved extreme physicality mixed with simple Soldier tasks to develop and assess mental focus in stressful situations.

The victorious duo of this month’s Never Daunted Endurance Challenge was Sgt. Ian Ford and Spc. Drake Davis of the 561st Eng. Company. For their accomplishments, they were both awarded the Army Achievement Medal by Lt. Col. Eric Noe, the 84th Eng. Bn. commander.

Each team consisted of two Soldiers representing their company.

They completed a combined 100 pull-ups, 200 air-squats, 200 sit-ups and 200 push-ups, followed by a 400 meter tire drag.

Next, they carried two five-gallon water cans for 200 meters, and then added a medical litter to the load for an additional 800 meters.

They ruck-ran to the finish line to face a mystery event.

September’s mystery event involved radio set-up and proper radio operation to contrast the physically demanding tasks previously performed. The mystery event attempts to throw the competitors off as they try to slow their heart rate and calm their nerves to accurately complete the challenge.

Ford and Drake completed all events in 58 minutes and 48 seconds — 13 minutes ahead of the second place team.

“The competition was tough, but my team was Never Daunted, and I think we worked well as a team to show what is possible when you put your mind and heart into it,” said Davis.

The challenge was first instituted in the battalion two years ago in Guam, and now thrives across the unit’s formations in Hawaii.



Photo courtesy 84th Engineer Battalion

**Sgt. Ian Ford and Spc. Drake Davis of the 561st Eng. Co. are presented an Army Achievement Medal from Lt. Col. Eric Noe, 84th Eng. Bn. commander, for winning first place in the quarterly Never Daunted Challenge. They finished all events in 58 minutes and 48 seconds — 13 minutes ahead of the second place team.**

# Medical personnel assist 350+ at event

**SGT. BROOKS FLETCHER**  
16th Mobile Public Affairs Detachment

SITUBONDO, Indonesia — Indonesian and U.S. medical personnel provided free medical attention to more than 350 patients during a Cooperative Health Engagement, or CHE, held in Sumber Waru Village, Indonesia, Sept. 15.

The CHE brought Soldiers, nurses and doctors together from the Indonesian Armed Forces’ 2nd Medical Battalion, local health centers and two members from the U.S. Army Reserve’s 628th Forward Surgical Team (FST) out of Fort Sam Houston, Texas, to assist residents from the Situbondo district of Indonesia.

This kind of community outreach event has consistently been held in conjunction with Garuda Shield, an annual bilateral exercise with the U.S. Army-Pacific and Indonesian Armed Forces, and Indonesian Army units across the country performing community projects throughout the year.

The 2nd Medical Battalion commander, Lt. Col. Tjoeng Armand Tobias Lazar, said the CHE is not only an event “for the people,” but one that shows another side of Soldiers.

“These types of events give Soldiers an opportunity to play an active role in the society,” Lazar said. “These people will look back and reflect on the services provided to them. So whenever there are opportunities like this in the future, the Soldiers will be loved by the people.”

While Garuda Shield 2014 is a training exercise to help enhance cooperative capabilities that will be used during real-world applications in the future, Wanek explained that the CHE is a “real-world” application.

“This event helps foster goodwill and build faith among the Soldiers,



Sgt. Brooks Fletcher, 16th Mobile Public Affairs Detachment

**Army Reserve Col. Sandra Wanek (right), with the 628th FST, speaks with interpreter Suprapto Utomo during a patient check up at the CHE held in Sumber Waru Village.**

the community and the nation,” said Col. Sandra Wanek, general surgeon, 628th FST.

“What we are doing here is just as important to us, as it is to them,” Wanek said. “I spend a lot of my time in an Intensive Care Unit. It is a very hi-tech world. Being here allows you to get back to the fundamentals.”

Sgt. 1st Class Matthew Veasley, 16th Mobile Public Affairs Detachment

**An Indonesian army soldier and others offer Pvt. Marc Trinidad and Pfc. Christina See, food service specialists, a plate of fish they cooked traditionally over palm branches.**



## 94th: Valiant Shield ensures forces are ‘ready and capable’

CONTINUED FROM A-1

their initiative outside their area of expertise to ensure mission success,” said Sgt. 1st Class Gustavo A. Arguello, battle NCOIC, 94th AAMDC.

The 94th AAMDC and C/1-1 ADA will exercise a wide range of capabilities that enables the joint services to work together and help sustain overall readiness of the command.

“These systems ensure that our

combat forces can ‘fight tonight,’ while assuring our allies, partners and friends that we stand ready and capable of delivering on our commitment to security,” said Humphrey.

The Valiant Shield series is aimed at

developing a pre-integrated joint force built from habitual relationships. This force builds interoperable and complementary cross-domain capabilities and benefits from shared, realistic training, techniques and procedures.

## Leaders: Course aids

CONTINUED FROM A-1

es on Pacific operations, the brigade is using this training opportunity to better prepare its leaders for the mission on hand.

“The mission of the 2nd SBCT is to deploy and conduct unified land operations and theater security cooperation exercises as part of a rapidly deployable contingency response force, but also to be trained and ready to deploy a skeletal force that can support emergency requirements in our area of responsibility across a full spectrum of operations, to include engaging with regional partners and furthering the Pacific Army commander regional goals,” said Maj. Timothy Wright, the brigade executive officer.

Even though the mission for the brigade may seem pretty broad, Col. David Womack, the brigade commander, understands that it will take time, dedication and hard work in order to accomplish it.

“We might not be where we want to be the first time we go out and train, we might not shoot what we thought we were going to shoot the first time we step out there on the range, but we must take notes and conduct an after-action review (AAR) and place it back on the calendar, so we can get back out there and do it again,” he said. “We must establish in our culture the process of the AAR — of grow it, learn it and then share it across our formations, just like we are doing today, and that is how we are going to achieve greatness.”

The New Leaders Orientation Course has helped to expand the knowledge base of the leaders in the brigade and prepare them for future contingency missions in the Pacific and abroad.

# 25th CAB partners with Air Force for exercise

Story and photo by  
**STAFF SGT. TRAMEL GARRETT**  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — “I will never leave a fallen comrade.”

This sentence is the final one in the Warrior Ethos instilled in every Soldier in the U.S. Army.

Its focus is never leaving someone behind on the battlefield or in a garrison environment.

By the same token, personnel recovery is a significant mission that keeps this philosophy in mind.

Soldiers assigned to the 25th Combat Aviation Brigade, 25th Infantry Division, were able to hone their personnel recovery skills while assisting the airmen of 154th Wing, Hawaii Air National Guard, stationed at Joint Base Pearl Harbor-Hickam, in a joint training exercise, Sept. 12.

The exercise, entitled “Wing Warrior Day,” partnered the Air Force, 25th CAB and Marine Corps to simulate a personnel recovery, which is an effort to recover and return U.S. military personnel who are isolated, missing, detained or captured. For this particular mission, 25th CAB Soldiers were tasked with rescuing Airmen from a downed



Airmen from a simulated downed Air Force aircraft board a UH-60M Black Hawk from 25th CAB, 25th ID, Sept. 12, at Marine Corps Base Hawaii, Kaneohe Bay. The 25th CAB partnered with the 154th Wing to simulate a personnel recovery mission following a downed aircraft.

Air Force aircraft.

“This is one of the most important missions that we do. Saving our own and getting them out of harm’s way is very important to us,” said 1st Lt. Jennifer Parson, platoon leader for Char-

lie Company 2nd Attack Helicopter Battalion, 25th Avn. Regiment, 25th CAB.

Soldiers provided area reconnaissance, area security and down aircrew extraction.

“We are in a really unique situation here in Hawaii. We have the Army, Air Force, Navy and Marines,” said Maj. Grady Green, chief of Wing Weapons and Tactics, 154th Wing. “This gives us an excellent chance to learn from

one another.”

Additionally, this exercise also resolved communication issues among the services, in the midst of the differences of standard operating procedures.

“This was our first joint operation, and we wanted to practice in peacetime to prepare for war,” said Maj. Mute Nash, an F-22 pilot with the 154th Wing. “This is how we find kinks in the system and fix it.”

This essential training could be the difference between life and death in a theater of war. Furthermore, when Soldiers are proficient in this task, it will lead to a high level of success.

“From the planning to the actual scenario made this training realistic,” said Parsons. “In a deployed environment, we could possibly work together.”

Currently, the 25th ID and the 154th Wing are in the planning process to consider working together on future quarterly or semiannual training.

“This partnership, relationship, team-building exercise, we compose, now in the peacetime, will be vital as we move forward to future operations,” said Green.



A Charlie Co., 29th Eng. Bn., 3rd BCT, Soldier throws a practice grenade during range training, Sept. 15, at Schofield Barracks. Soldiers were allowed to throw live grenades after several safety and preliminary marksmanship instructions.

# 29th Engineers throw live grenades, familiarize w/tactics

Story and photo by  
**STAFF SGT. TRAMEL GARRETT**  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Nervous and tense, the sweat rolls off his face as he holds a live grenade firmly near his chest.

He’s trained all day with practice grenades, but now it is time to do the real thing.

The safety noncommissioned officer calls his name. He takes a deep breath and walks to his fighting position.

It was time to rise above the fear and trust his training. The NCO gives him instructions and in seconds a grenade is in the air.

“Frag out” he shouts.

He dodges in his foxhole and feels the impact of the explosion.

“All clear” is echoed on the range.

He stands up with a smile on his face and an overwhelming rush of adrenaline.

For Spc. Sean Harding, satellite communications system operator-maintainer, Charlie Company, 29th Engineer Battalion, 3rd Brigade Combat Team, he would love to do this type of training consistently.

“This has been an amazing experience. The last time I threw a live grenade was basic training. I was a little nervous, but things went pretty

smooth,” said Harding.

The 29th Eng. Bn. Soldiers received several safety and preliminary marksmanship instructions, including proper arming, carrying and throwing of the high explosive hand grenades.

Capt. Adam Grines, Charlie Co. commander, 29th Eng. Bn., wanted to give his Soldiers the opportunity for diverse training.

“The intent was to familiarize Soldiers with tossing grenades and becoming proficient at it,” said Grines. “I wanted to do something different other than an M4 or M249 rifle range. This was definitely a morale booster for the Soldiers.”



Send announcements for Soldiers and civilian employees to [news@hawaiiarmyweekly.com](mailto:news@hawaiiarmyweekly.com).

Today

**MP Ball** — Attend the 73rd Military Police Anniversary Ball, 5 p.m., at the Sheraton Hotel in Waikiki Beach. Call 655-6812 for tickets and details.



**National Preparedness Month** — The lights are out and the wind is howling. Rain is pelting the windows, and when you look around, all you see is fear and uncertainty.

When disaster strikes, if you are properly prepared, there’s less stress for you and your loved ones. TRI-CARE offers guidance on disaster preparedness. Visit [www.tricare.mil/DisasterPrep091114](http://www.tricare.mil/DisasterPrep091114).

**Performance Triad** — Soldiers, civilians and family members are invited to take a survey about the Performance Triad. Visit <http://go.usa.gov/P6j4>.

29 / Monday

**Fall Cleanup** — A weeklong fall cleanup campaign begins for Schofield Barracks and Wheeler Army Airfield. All units, individual Soldiers, Army civilians and family members will be involved.

Participate by pitching in about your neighborhood. Call 655-1750.

October 1 / Wednesday

**Hispanic Heritage North** — From 11:30 a.m.-1 p.m. in the 2nd Stryker Brigade Combat Team’s Warrior Inn dining facility (Bldg. 2085, Aleshire Ave.), enjoy meals for Hispanic Heritage Month.

Special meals will also be served Oct. 1 and 8, with the formal observation, 11:30 a.m., Oct. 15.


These meals promote awareness, mutual respect and understanding of cultural foods. Soldiers, their families and civilians are invited. Call 655-4299.

3 / Friday

**HSO Closed** — The Shafter Housing Services Office closes, re-opening Oct. 8.

The Schofield HSO (Bldg. 950, 215 Duck Road) will remain open to assist. Call 655-3073.

4 / Saturday



**Flu Fighters** — It’s flu season once again, and it’s time to get immunized. Tripler Family Medicine enrollees (6 months of age or older) may visit Family Medicine Clinic, 8 a.m.-noon, and again, Oct. 18, for their annual flu shot.

Protect yourself and everyone around you. Fight the flu!

6 / Monday

**TLW** — Residents in the vicinity of Schofield Barracks may hear periodic increases in aviation noise from 6-8 a.m., Oct. 6. A UH-60 Black Hawk will fly over in observance of the Division Run during Tropic Lightning Week.

9 / Thursday

**Long-Term Care** — Garrison employees and their spouses are invited to attend an informational workshop on the Federal Long-Term

Care Insurance Program, 1:30-3 p.m., Oct. 9, at the Directorate of Human Resources Ianaï, Bldg. 750. Call 655-0107.

**Hispanic Heritage South** — Celebrate Hispanic Heritage Month on the Grand Lanai at the Hickam Officers Club, 10 a.m., hosted by the 94th Army and Air Missile Defense Command.

11 / Saturday

**Living History Day** — See history come to life at the Tropic Lighting Museum from 10 a.m.-3 p.m., Oct. 11.

A Civil War re-enactment happens at 10 a.m. and 12:30 p.m., a K9 Demo at noon and 2 p.m., and a children’s sidewalk chalk contest at 2:30 p.m.

Events take place all day at this free event at Bldg. 361, Waianae Ave., Schofield Barracks. Call 655-0438.

Ongoing

**Platelets** — The Tripler Blood Donor Center needs donations of platelets, which are essential to saving lives as a component of blood that helps to stop bleeding. Donors may watch TV or read while they’re donating. Call 433-6148 for details.

**CFC** — The Combined Federal Campaign is the world’s largest and most successful annual workplace charity campaign, with more than 150 CFC national and international campaigns raising millions of dollars each year. Defense Department employees nationwide have the opportunity to give to the DOD campaign through Dec. 15.

Defense Secretary Chuck Hagel expressed his unwavering support for the campaign and strongly encourages members of the workforce to participate in any way they can.

Learn more in the Defense.gov special report, Combined Federal Campaign at [www.defense.gov/home/features/2014/0914\\_cfc/](http://www.defense.gov/home/features/2014/0914_cfc/).



Traffic Report lists road, construction and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources.

Visit [www.garrison.hawaii.army.mil/info/trafficalendar.htm](http://www.garrison.hawaii.army.mil/info/trafficalendar.htm) for the latest Army traffic advisories.

Unless otherwise noted, all phone numbers are area code 808.

Today

**AMR Gate** — The second phase of Aliamanu Military Reservation’s front gate construction runs now through Oct. 6.

**Nighttime Paving** — Construction activities on Wheeler Army Airfield will allow for nighttime paving of airfield concrete pavement, Mondays-Saturdays, affecting the construction site and major roads.

The work hours change allows for proper installation of the airfield concrete pavement at lower nighttime temperatures and reduces the concrete delivery time. Work runs now through Nov. 21.

**Smoke Without Fire** — Testing of the sanitary sewer system on Schofield Barracks continues until Oct. 10. The smoke test survey will assist the inspection crews in locating breaks and illegal connections, and open cleanouts and defects in the new system.

The smoke test is for Area X, the government facilities, and Island Palm Communities: Canby, Mendonca, Patriot, Ralston and Generals Loop.

The white-to-gray smoke is non-toxic, non-staining, harmless, has no odor, isn’t a fire hazard and does not pose a health hazard to humans or pets.

It is recommended to pour a gal-

lon of water in the sewer drains to prevent smoke from entering the home/building.

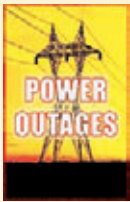
**Lyman and Mellichamp** — Stage I of work that occupied the west side of Schofield’s Lyman Road to Mellichamp Road, 7 a.m.-5:30 p.m., is scheduled to be completed, today, and the closed lane reopens for traffic.

**Road Closed** — There will be full road closures at Fort Shafter Flats’ Loop and Annex roads for utility and flood mitigation structures installation until Feb. 28, 2015.

October

4 / Saturday

**Power Outage** — The following Schofield Barracks buildings will be affected by a scheduled power outage, 7:30-10:30 a.m.: 140, 133, 130, 131, 132, 80, 2610, 2640, 2641, 2420, 2606, 2400, 2440, 2459, 2446, 2460, 2480, 2509, 2510, 2486, 2408, 910, auto hobby, 909, 908, 2802, 2800, 2805, 950, 2818, 2816, 2814, 2812, 2810, 930, 934, 935, 936, 3010, 3026, 3021, 3004, 3005, 2138, Child Development Center, 1283, Youth Center, 2069, 2037, 2038, 2040, 3031, 3032, 3035, 3030, 2031, 2032, 2033, 2034, 2027, 2029, 2026, 2098, 694, the Exchange, 3321, 3320, Mendonca Housing 30, 31, 32, 33, 34, 35, 36, 37, 38. Generator Support: 140, 3010, 694.



The list of impacted buildings may not be specific and all inclusive. Call 656-7051.

6 / Monday

**AMR Closures** — Aliamanu Military Reservation will have traffic modifications at Skyview Loop and Aliamanu Drive for underground utilities work done from 8 a.m.-4:30 p.m.

# USARPAC paralegal Soldiers committed to ‘trials’

Story and photo by  
**STAFF SGT. KYLE J. RICHARDSON**  
U.S. Army-Pacific Public Affairs

FORT SHAFTER — While Army paralegals are known as Soldiers who assist in and outside military courtrooms, 19 U.S. Army-Pacific paralegals had a different “trial” setting.

The top paralegal Soldiers in the Pacific region participated in the seventh annual USARPAC Paralegal Warrior Challenge, Sept. 15-19.

The Paralegal Warrior Challenge tested Soldiers’ mental and physical resilience, as well as their military occupational specialty knowledge.

The challenge was held at multiple locations across Schofield Barracks, Fort Shafter, Aliamanu Military Reservation and Yongsan, Korea.

“The challenge is designed to test our paralegals that have shined throughout USARPAC and to try to identify the best warrior paralegal in the command,” said Sgt. Maj. Craig Williams, command paralegal for I Corps. “The Soldiers are learning a lot about themselves, and some are finding that mental toughness they didn’t know they possessed.”

The five-day Warrior Challenge began like most challenges, and that’s with an Army physical fitness test. After the APFT, the Soldiers had to conquer a swim challenge. Then, the following day consisted of an M16 range where noncom-

missioned officers had to qualify on the M16 and M9. The Soldiers also had to complete a 4.2 mile foot march in 45 minutes.

The USARPAC paralegals had multiple written exams to take and a board. To prove their Soldier abilities, they had to perform several warrior tasks and drills.

Although this challenge was geared towards finding the best paralegal Soldier, some Soldiers commented upon the degree of readiness that legal Soldiers maintain.

“We get a little flack for not being infantry, or we’re considered just paper-pushers; however, we all matter,” said Spc. Charles Rogers, assigned to Headquarters and Headquarters Troop, 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division. “Every MOS has a job to do. We might be paper-pushers or we could be paralegal Rangers; don’t count us out just yet. One of us may surprise you. We all have a little piece to do on this huge working machine that is the Army.”

As the paralegal Soldiers went through the next few days testing their physical and mental skills, they went from competing against one another to encouraging one another.

“It’s not about winning here; it’s about giving 100 percent — giving your all and participating. This challenge sparks growth and learning with-

in Soldiers,” said Sgt. Maj. Cyrus Netter, command paralegal for USARPAC. “They have become more aware of their strengths and weaknesses. In the end, they have become better at it, not just the competition, but Soldiering — and more importantly, life.”

At the end of the five-day competition, all participants received certificates of achievements and coins of excellence. The overall competition winners received Army commendation medals and plaques.

The Soldier who scored the highest on the APFT received the Iron Soldier Award. This year, Sgt. Chris DeFrancisco, assigned to 8th Army in South Korea, earned the Iron Soldier Award for scoring 334 points on the extended scale.

DeFrancisco also won the overall competition and became USARPAC’s 2014 Paralegal Noncommissioned Officer of the Year.

Spc. Glen Swanson, assigned to the 25th ID, was named USARPAC’s Paralegal Soldier of the Year.

Netter said he was proud to see all of the participants living up to their motto — Soldiers first.

**ALIAMANU MILITARY RESERVATION — Spc. Lisa Novak subdues Sgt. Bartholomule Misiasazek, a paralegal NCO with 2nd Stryker BCT, 25th ID, during the challenge, Sept. 17.**



## Policies: Hairstyles, tattoos updates are listed in Army Regulation 670-1

CONTINUED FROM A-1

scalp be uniform in appearance and have the same general size of spacing between them.

Previously, the Army required that the ends of hair in braids be secured with inconspicuous rubber bands. The reference to rubber bands was removed; now the ends just have to be secured inconspicuously.



Staff Sgt. Stephanie van Geete

**1st Sgt. Aki Paylor won’t have any trouble recalling the Warrior Ethos. "For me, the Warrior Ethos, that's who I am," he said. All of Paylor's tattoos were done a number of years ago, so he's grandfathered in.**

Braids and cornrows worn against the scalp previously had to be worn in a straight line from the front and go all the way to the back of the head. Now, the language has been changed to say the braids need to follow the natural direction of the hair when worn back or in the natural direction using one part in the hair.

Styles, such as braids, cornrows or twists worn against the scalp may still stop at one consistent location of the head. When such styles are worn loosely or free-hanging, they must encompass the whole head.

While dreadlocks or locks are still not authorized, their definition has been changed to remove the words “matted and unkempt.”

Another change includes increasing the allowable size of a bun, measuring from the scalp out, from three inches to three-and-a-half inches. The allowable amount of bulk of hair remains two inches.

The shortest hair a female Soldier can have is 1/4 inch from the scalp, which can be tapered to the scalp along the hairline. There is no maximum length a female Soldier’s hair can be, as long as it is within regulation and can be worn up to meet the guidance for bulk and bun size.

The new rules clarify that braids, cornrows and now twists can be worn in a ponytail during physical training; it also specifies that wigs, which were previously authorized, cannot be worn to cov-

er up an unauthorized hairstyle.

No matter what the authorized hairstyle, it must allow for the Soldier to be able to properly wear all types of headgear and protective equipment.

**Tattoos**

As part of efforts to maintain the professional appearance of the force, the Army dialed back the number, size and placement of tattoos in the March regulation.

Previously authorized tattoos were “grandfathered” in, but Soldiers hoping to become an officer had to get an exception to the policy.

The updated regulation takes into account that previously authorized tattoos should not prevent a Soldier from becoming an officer, but that candidates are to be evaluated based on the whole Soldier concept, or all characteristics of a Soldier.

The rest of the regulation from March remains in place, including the restriction on sleeve tattoos and allowing no more than four tattoos below the elbows or knees. Tattoos below the knees or elbows must be smaller than the size of the Soldier’s palm with fingers extended.

Permanent ink or branding on the face, neck and hands, as well as tattoos that can be deemed extremist, indecent, sexist or racist in nature remain banned.

# PAU HANA

"When work is finished." FRIDAY, September 26, 2014



## Family Friendly

### SB holds Boys & Girls Club's 'Day for Kids'

Story and photos by  
**JACKIE M. YOUNG**  
Contributing Writer

SCHOFIELD BARRACKS — Sgt. Fabian Murillo, 31, of Fox Company, 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, couldn't believe his eyes when he saw the Boys & Girls Clubs' Day for Kids "Country Fair" at the School Age Center, here, Saturday.

"It's beautiful," he said, clearly touched. "They really care about the kids. And this whole day is only for the children. I've never seen anything like it before."

Murillo was there at the four-hour event with his wife, Joudy Figueroa, 32, and his five children, Fernando, 10; Libertad, 8; Elisa, 8; Fabian Jr., 3; and Thomas, 4 months.

thing to do," McNamara added. "This year, we have a country fair theme. Last year, it was 'Star Wars' and a circus."

It takes McNamara and her crew of about 40 staff and volunteers about six months to plan the event, and she said they try to have a combination of hands-on activities for youngsters, such as crafts or face painting or drawing, and physical activities, such as dancing, bouncy houses, rock wall climbing and music.

There were also watermelon and pie-eating contests, a pony mom and a pony baby (the

"David's having a blast here," his mom enthused. "He loves the games and the bouncy houses, and he loves petting the ponies. It's all free and he's having a ton of fun."

Jenny Koranyi, the owner of pony mom "Moxie," 3, and pony baby "Peach," 4 months, brought two of her three horses to the fair to be petted or painted on from the Wheeler Saddle Club.

Koranyi is in the process of getting certified through PATH (Professional Association of Therapeutic Horsemanship), so she and her



"It's all free and they give us a meal, too," Murillo pointed out. "I've got five children and it's not cheap to feed them. We're so lucky the lady at Child, Youth & School Services told us about this. We came at 10:30 and plan to stay the whole day."

The National Boys & Girls Clubs' Day for Kids has been held annually in September all over the U.S. for more than 10 years, and it's open to all military children and youth. Here, it's supported by the Directorate of Family and Morale, Welfare and Recreation. Over 1,000 kids and their parents were expected to attend.

"It's supposed to be a celebration of children and youth," explained Parent & Outreach Services director Synthia McNamara, organizer of the event for the past three years. "We're throwing a big party for kids and it's all free. We just want them to come out and have a good time with their parents."

"It's scheduled during the midday, before lunchtime and maybe before afternoon nap-time, when kids get restless and want some-



The National Boys & Girls Clubs' Day for Kids' engaged volunteers and parents, Saturday, at the School Age Center, in a variety of activities. (From top left, clockwise) 1-Volunteer Spc. Perry Bishop, 209th ASB, 25th CAB, shows David Mobley, 3, horse roping techniques. 2-Event organizer Synthia McNamara comes dressed in a country costume. 3-Volunteers help with face painting. 4-Hip-hop dancers are part of the Youth Talent. 5-A themed photo booth gives father Sgt. Otto Gomez, 29th Eng. Bn., 3rd BCT, 25th ID, a chance to pose with 7-year-old daughter Izabella. 6-Hula as part of the Youth Talent Show.

mom could be painted on) and a variety of door prizes, games and picture-taking sessions in country costumes.

David Mobley, 3, had come with his mom, Katie Mobley, an Air Force reservist, to learn horse roping from volunteer Spc. Perry Bishop of Bravo Co., 209th Aviation Support Bn., 25th Combat Aviation Brigade, 25th ID.

animals can officially work with children with special needs. In the meantime, the ponies have already visited with patients at the Kahuku Medical Center, the Shriners Hospital for Children and the Army's Exceptional Family Member Program.

Pfc. Quinton Brown, a volunteer with the Wheeler Saddle Club out of Bravo Co., 209th

ASB, 25th CAB, said all the kids enjoyed petting the pony baby.

"You don't see many horses in Hawaii, so it's a real treat for them," said Brown.

And "treat" just about sums up the experience youngsters had at the Boys & Girls Clubs' Day for Kids. They're looking forward to next year's.



## Family Night begins a new season with a big turnout

**CHAPLAIN (MAJ.) ERIK SPICER**  
North Community Chaplain  
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Family Night kicked off Sept. 17th with 404 individuals participating in the 17 classes being taught by chaplains, Army Community Service and Family Advocacy, here.

The goal of the weekly sessions is to provide spiritual and family resiliency to members of the Army Hawaii community.

The Wednesday event was the largest kick off of any Family Night to date.

The success of the evening was termed significant in meeting the needs of the lives of community members, not just for the chapel community, but for the Schofield community as a whole,

according to attending chaplains.

### Broad-reaching programs

Schofield Chapels Family Night is designed to provide the community with the opportunity to join together for a fellowship meal, free of charge, before going to class. Classes are available for children through adults, including topics and studies, such as, but limited to, "Love and Respect," "Financial Peace University" and "Financial Peace Jr.," "Scream Free Parenting," "7 Habits of Highly Effective Army Families," "Experiencing God" and the youth ministry's Pacific Club.

For the first time, every classroom space at Main Post Chapel and its annex were filled with a class in an effort to meet the needs that have been voiced by the community.

Family Night will continue until December before pausing for the holidays and beginning again in January with a fresh set of classes. If you missed the kickoff, never fear there is still a place for you.

### Family Night history

For about a dozen years now, Schofield Chapels Family Night has been happening, beginning as a monthly event for families of deployed Soldiers. Since its inception, Family Night has morphed into a weekly event for the entire family meeting throughout the school year.

As Family Night has grown, it's become a galvanizing event for the chapel communities by bringing the Protestant and Catholic congregations together and the greater community

through the addition of classes taught by ACS and Family Advocacy. It's provided services for people who might not otherwise attend chapel services.

The goal of Family Night is to bring the community together in order to provide fellowship and tools to strengthen families, individuals and, ultimately, create a stronger, more resilient community.

Family Night would not be possible if not for the vision and direction of the director of Religious Education for the Schofield community, Debbie McSwain, and the hard work of the Religious Education Spcs. June-Malaetasi Cooper and Monica Farral, who put in countless hours planning and coordinating in order to make Family Night such a great success.



June Malaetasi Cooper, religious education coordinator, Schofield Chapel

A lengthy line of attendees line up for the dinner portion at Schofield Chapel's first Family Night of the fall season on Wednesday, Sept. 17.



## Briefs

### Today

**Leilehua Concert Series** — Come out to the grill at Leilehua Golf Course to relax and enjoy Hawaiian music by Na Hoa. This event is free and open to the public. Food and drinks will be available for purchase. Call 655-1711.

**Hawaiian Luau Lunch Buffet** — Enjoy delicious local style food every last Friday of the month at SB Kolekole Bar & Grill and FS Mulligan’s Bar & Grill. Call 655-4466 or 438-1974.

**USARPAC Pay Day Scramble** — Celebrate pay day the golf way at Nagorski Golf Course. Play in the scramble every last Friday of the month.

Registration for the 18-hole tournament is \$5 per player, paid to the scramble POC at the course. Call 438-9587.

**Right Arm Night** — Kick back at the SB Nehelani with your “Right Arm.” Drink specials and a pupu buffet begin at 5 p.m. Spouses and DOD civilians welcome. Play in the Texas Hold’em Tournament for prizes.

Which unit has the most pride? Bring your right arm out to compete for the \$100 MWR Buck Prize. Call 655-4466.

### 29 / Monday

**Back to Home School** — Learn about all the online resources the Army Hawaii Libraries have to offer home school families, 4-5 p.m., at SB Sgt. Yano Library.

This program will discuss how to access eBooks and eAudiobooks databases and other resources that will assist you and your child on their learning journey.

Traditional school parents are welcome to come. This program is an in-

## BLUE ANGELS AT PEARL HARBOR



Photo by Mass Communication Specialist 1st Class Rachel McMarr, Blue Angels Public Affairs

**PEARL HARBOR** — The U.S. Navy Flight Demonstration Squadron pilots, the Blue Angels, fly in a delta formation over St. George, Utah, 2012. The Blue Angels will be featured in the “Wings Over the Pacific” air show, Sept. 27-28, here.

Visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

formational program for parents, but may be helpful for children, too. Call 655-8002.

## October

### 1 / Wednesday

**Youth Basketball & Cheer-leading Season** — Army Hawaii Youth Sports basketball and cheer-leading program registration is open beginning today through Oct. 31 to youth born from 1998-2009. Cost is \$55 per person both for basketball and cheerleading or \$20 per person for cheerleading if you already have a uniform.

Season will run from Jan. 6-March 21, 2015. Contact your nearest Youth Sports Office at 836-1923 (AMR/FS) or 655-6465(SB).

**BOSS Meeting** —Single Soldiers and geographic bachelors are encouraged to attend Better Opportunities for Single Soldiers meetings every

Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.

North meetings are held at SB Tropics, every 1st and 3rd Wednesday at 3 p.m. South meetings are held at the FS Bowling Center, every 2nd and 4th Wednesday at 10 a.m.

BOSS is waiting for your call at 655-1130.

**Breastfeeding Basics** — Join a small group educational session on the basics of breastfeeding, 5-7 p.m., SB Kalakaua Community Center Theater.

Connect with parents and build a support team to help you maintain successful breastfeeding throughout your baby’s first year and beyond. Dads are encouraged to attend.

Session will end with potluck pupu; bring a favorite snack to share. Free event is hosted by the ACS New Parent Support Program.

Call 655-4227 to register.

### 3 / Friday

#### Dance-Off Domestic Violence

— Wear purple while you dance-off domestic violence, 9-11 a.m., at the Health & Fitness Center, with certified Zumba instructors. Call 381-5944.

**Rocktoberfest** — Enjoy a taste of Germany with a thirst for rock & roll, 4-10 p.m., at SB Weyand Field. Join the crowning of Mr. & Mrs. Rocktoberfest, a German “costume” contest, unit competitions, German food, German beer, yard games and entertainment from Army Music Hawaii and DJ Bennie. Call 655-0111.

Visit [himwr.com](http://himwr.com) for online unit event registration and details.

### 4 / Saturday

#### Ladies Golf Clinic

— At no cost to you, come to Leilehua Golf Course where ladies can partake in a golf lessons from PGA professionals. Sessions are 30 minutes and by appointment only. Call 655-4653.

## Community Calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### Today

**Mary Poppins** — Diamond Head Theatre celebrates the opening of its 100th season with this beloved family story. Performances are Sept. 26-Oct. 19, Thursdays-Sundays. Call 733-0274 to charge by phone or purchase tickets online at [www.diamondheadtheatre.com](http://www.diamondheadtheatre.com).

### 27 / Saturday

**Aloha Festival Parade** — A colorful equestrian procession of pau (long-skirted) riders, exquisite floats with cascades of Hawaiian flowers, hula halau, marching bands and dignitaries will enliven Kalakaua Avenue during the Aloha Festivals parade, 9 a.m.-noon, Sept. 27. The parade route is from Ala Moana Park to Kapiolani Park. Visit [www.alohafestivals.com](http://www.alohafestivals.com).

**Keiki Carnival** — Kapolei Commons is hosting a free carnival for kids and kids at heart, 10 a.m.-noon, Sept. 27. This free, family-friendly event will feature carnival games, juggler, clown, face painting and make-and-take crafts, prizes and live entertainment. Located at 4450 Kapolei Parkway, Kapolei.

**Pacific Roller Derby** — First match begins at 3 p.m. at the Groove Hawaii in Kakaako, 805 Ala Moana Blvd. Tickets cost \$15. Visit [www.facebook.com/PacificRollerDerby](http://www.facebook.com/PacificRollerDerby).

### 28 / Sunday

**Gold Star Mothers** — The U.S.

takes the time to honor and express its gratitude to our Gold Star mothers who have lost a son or daughter in service to the nation.

The community is invited to join Gold Star mothers and families of the fallen at a special remembrance event and lei presentation, 11:30 a.m., Sept. 28, at the National Memorial Cemetery of the Pacific, or Punchbowl.

Mothers and family members who have lost military loved ones will place boots of the fallen and a lei of honor and remembrance at the foot of Lady Columbia. Call 438-9285.

#### Honolulu Century Ride

— This annual event is 6 a.m.-5 p.m. and attracts over 2,000 participants. It begins and ends at Kapiolani Park and offers riders routes of 20, 25, 40, 50, 75 or 100 miles. The course winds through beautiful scenic portions of East Honolulu and the Windward Coast. Visit [www.hbl.org/honolulucenturyride](http://www.hbl.org/honolulucenturyride) or call 735-5756.

## October

### 4 / Saturday

**Flu Immunization** —Tripler Army Medical Center (TAMC) is pleased to offer enrollees Saturday flu drives in the Family Medicine Clinic, 8 a.m.-noon, Saturday, Oct. 4 and 18. If you are enrolled at Tripler Family Medicine and are 6 months of age or older, walk in and do your part in protecting yourself and everyone around you. Fight the flu!

**Teen Party in the Pacific** — Oahu Military with Teens, with the help of MWR Pearl Harbor, USO, SB Teen Center and the Pacific Aviation Museum, presents a themed World

## TURN IN TIME

### National TAKE-BACK Initiative (NTBI)

Turn in your unused or expired medication for safe, anonymous disposal.

NEW OR USED NEEDLES AND SYRINGES WILL NOT BE ACCEPTED.

**Saturday, September 27, 2014  
10:00 a.m. - 2:00 p.m.**

The Army in Hawaii is supporting National Prescription Take Back Day, Sept. 27, in commitment to a drug-free community. All may turn in unused or expired prescriptions for proper disposal.

The Drug Enforcement Agency’s event allows people to turn in excess prescription drugs that otherwise could be abused or contaminate the environment.

Locations include the Schofield Barracks Post Exchange (PX), at the main lobby, near the flower shop, from 10 a.m.-2 p.m., Sept. 27. This event is free and anonymous.

Learn more by visiting [www.health.mil/News/Articles/2014/09/23/Clean-Out-Your-Medicine-Cabinet-for-Medication-Take-Back-Day](http://www.health.mil/News/Articles/2014/09/23/Clean-Out-Your-Medicine-Cabinet-for-Medication-Take-Back-Day).

War II dance, 6-10 p.m., Oct. 4, at the Pacific Aviation Museum with swing dance lessons. The 25th ID Big Band will entertain with era specific music. Also available will be VIPs, flight simulators, snacks and photo opportunities.

Dance has a \$5 charge that goes directly to the museum. Follow Oahu Military with Teens for updates and volunteer opportunities; call (910) 703-9264.

### 5 / Sunday

#### Children and Youth Day

The 21st event features hundreds of booths, food trucks and five stages of live music. It’s the largest children’s event in the state from 10 a.m.-3 p.m. at 415 S. Beretania St., Honolulu. Visit [www.childrenandyouthday.com](http://www.childrenandyouthday.com) or call 586-6130.

### 17 / Friday

#### BayFest Concert Sale

— Tickets for BayFest music concerts, including country star Rodney Atkins and rock group Smash Mouth, are on sale for individual nights during the Oct. 17-19 festival at [www.BayFestHawaii.com](http://www.BayFestHawaii.com). Authorized patrons may also purchase tickets at military ticket outlets. BayFest includes three days of music and family fun at Marine Corps Base Hawaii, Kaneohe Bay.

### 18 / Saturday

#### BayFest BodySearch

— Potential contestants are invited to enter for the 3 p.m., Oct. 18, event at Marine Corps Base Hawaii, Kaneohe Bay. Entrees will model fitness and swimsuit attire, and will be judged on personality, physique and interviewing skills.

## worship Services

Additional religious services, children’s programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel  
FD: Fort DeRussy Chapel  
HMR: Helemano Chapel  
MPC: Main Post Chapel, Schofield Barracks  
PH: Aloha Jewish Chapel, Pearl Harbor  
SC: Soldiers’ Chapel, Schofield Barracks  
TAMC: Tripler Army Medical Center Chapel  
WAAF: Wheeler Army Airfield Chapel

#### Buddhist Services

•First Sunday, 1 p.m. at FD  
•Fourth Sunday, 1 p.m. at MPC Annex

#### Catholic Mass

•Thursday, 9 a.m. at AMR  
•Saturday, 5 p.m. at TAMC, WAAF  
•Sunday services:  
- 8:30 a.m. at AMR  
- 10:30 a.m. at MPC Annex  
- 11 a.m. at TAMC  
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

#### Gospel Worship

•Sunday, noon. at MPC  
•Sunday, 12:30 p.m. at AMR

#### Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex  
•Friday, 2:30 p.m., TAMC  
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

#### Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

#### Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex Room 232

#### Protestant Worship

•Sunday Services  
-8:45 a.m. at MPC  
-9 a.m., at FD, TAMC chapel  
-10 a.m. at HMR  
-10:30 a.m. at AMR  
-10:45 a.m. at WAAF (Spanish language)  
-11 a.m. at SC (Contemporary)  
**Liturgical (Lutheran/Anglican)**  
•Sunday, 9 a.m. at WAAF

## This Week at the Movies

### Sgt. Smith Theater

Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under realtime movie listing.



### Frank Miller’s Sin City: A Dame to Kill For

(R)  
Fri., Sept. 26, 7 p.m.

### The Giver

(PG-13)  
Sat., Sept. 27, 2 p.m.  
Sun., Sept. 28, 2 p.m.



### Teenage Mutant Ninja Turtles 3D

(PG-13)  
Sat., Sept. 27, 6 p.m.

### The Expendables 3

(PG-13)  
Thurs., Oct. 2, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

#### Calendar abbreviations

8th TSC: 8th Theater Sustainment Command

25th ID: 25th Infantry Division

ACS: Army Community Service

AFAP: Army Family Action Plan

AFTB: Army Family Team Building

AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA

BCT: Brigade Combat Team

BSB: Brigade Support Battalion

Co.: Company

CYSS: Child, Youth and School Services

EFMP: Exceptional Family Member Program

FMWR: Family and Morale, Welfare and

Recreation

FRG: Family Readiness Group

FS: Fort Shafter

HMR: Helemano Military

Reservation

IPC: Island Palm Communities

PFC: Physical Fitness Center

SB: Schofield Barracks

SKIES: Schools of Knowledge,

Inspiration, Exploration and Skills

TAMC: Tripler Army Medical

Center

USAG-HI: U.S. Army Garrison-

Hawaii

USARPAC: U.S. Army-Pacific

WAAF: Wheeler Army Airfield



**Family members and Soldiers from 2nd Bn., 11th FA Regt., 2nd SBCT, 25th ID, join Kamaile Academy school staff for a campus beautification and rooftop painting project, Sept. 13, in Waianae.**

**At inset, Soldiers and family members prepare to paint a classroom roof as part of the ongoing School Partnership Program.**

# 2-11th ‘beautifies’ campus

Story and photo by  
**STAFF SGT. CARLOS DAVIS**  
2nd Stryker Brigade Combat Team Public Affairs  
25th Infantry Division

WAIANAE — Normally, when it is time for the weekend, Soldiers spend those moments watching football, going to the beach or finishing up a to do list, which their spouse has put together throughout the week.

However, for this typical weekend, Soldiers from the 2nd Battalion, 11th Field Artillery Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, visited Kamaile Academy School as part of the School Partnership Program for a campus beautification and rooftop painting project in Waianae.

The visit provided a chance for 2nd SBCT to give a little back to the community.

“I grew up on this island, and it’s nice to see people actually volunteer for these types of projects,” said Spc. Moses Smythe, a native of Honolulu. “Growing up around here, I really didn’t see what type of impact the military has on a community, and to be apart of it is nice.”

For Smythe, a cannon crewmember as-

signed to A Battery, 2nd Bn., 11th FA Regt., participating in these types of events gives him fulfillment knowing he’s helping out the kids.

“I remember growing up; it was hard,” he said. “Some of the schools didn’t have much back then, so when my chain of command told me about the event, I was eager to sign up.”

With temperature reaching unbearable highs in the afternoons, it makes it difficult for the students to learn as well for the teachers to teach, said Anna Winslow, principal. So the school asked if A Battery, 2nd Bn., 11th FA Regt. would help out with painting eight portable classrooms

“Without the military support, I do not think we would have been able to complete this task today,” Winslow said. “The Soldiers have been very helpful to us because they fill in manpower to enable us to accomplish our mission. It is a win-win situation because it’s a public relations opportunity with community service.”

Community service like this doesn’t just benefit the students, school, community or unit. It can provide a benefit to the individual Soldier, as well.

# Signal Soldiers school supply drive helps needy students

Story and photo by  
**LIANA KIM**  
311th Signal Command (Theater)

HONOLULU — A rainbow of colorful backpacks, notebooks, crayons and other school supplies greeted the children as they filed past a table in the school library, picked their favorites and exchanged high-fives with the Soldiers.

The Soldiers, assigned to Headquarters and Headquarters Company, 311th Signal Command (Theater), presented school supplies to Fern Elementary School faculty and students, visited and took photos with the students and teachers, and then interviewed with a Fox broadcast news reporter, Sept. 19.

“One of the greatest benefits of serving as a unit commander, and being a Soldier, is supporting one’s community in any way possible,” said Capt. Jason Grams, HHC commander.

The Soldiers of HHC, 311th SC (T), and their families, led by the commander’s wife, Stefanie Grams, organized the drive. They compiled lists of supplies the school listed as most needed, and the unit’s Soldiers, Department of Army civilians and their families pitched in by

placing donations in large boxes in the hallways of the unit’s office buildings.

“The families of the 311th SC (T) support Fern Elementary on an annual basis. This is the second time that I have been directly involved, and just like last year, I love every second of it,”



**A Fern Elementary School student is interviewed by a KHON2 Fox news reporter about what it’s like to have Soldiers visit his school and for the school to get donated supplies from Soldiers’ families.**

Stefanie Grams said. “There’s nothing like seeing the smiles on the kids’ faces, and it makes me happy when I can demonstrate my support.”

This year is the third consecutive year the 311th team has gathered and donated supplies

to the school, traditionally during the first month of the new school year.

“We appreciate your help, and I’m sure the kids appreciate your kindness,” said Cedric

**See DRIVE, B-7**

# Parents learn a new nesting lifestyle

I remember it like it was yesterday. The shriek of my alarm was going off at 6:15 a.m. like the start of some second-rate dog race.

With a rat’s nest of hair and the same yoga pants I’d worn the day before, I was off and running — making beds, toasting waffles, packing lunches, dropping off, sorting laundry, picking up, flipping nuggets, filling tubs, reading stories, tucking in.

Other than 20 minutes spent wolfing down a turkey on wheat for lunch at our kitchen island between wash cycles, the closest thing I had to “free time” was falling asleep on the couch while clipping peanut butter coupons in front of the television after the kids went to bed.

And when my Navy husband was deployed, my daily routine was a total blur, teetering between precarious sanity and certifiable madness.

Thank the Good Lord those days are over.



Courtesy photo

**The author finds more time on her hands after her military husband is on shore duty, her girls in high school and her son in college.**

After a couple of decades spent fulfilling the needs of our three kids, I’m finally free! With our oldest now off at college, our two girls in high school and my husband on shore duty, no one is depending on me anymore. Hallelujah!

It’s time for me to do what I want to do for once.

However, when school started this



year, I didn’t want to traumatize our girls by drastically changing their routine. I thought it best to wean them gently, so I got up early each morning, as usual, offering to scramble eggs, find soccer socks, slice oranges. But, as it turns out, they can do it all by themselves.

What a relief!

On our morning ride to school in the minivan, I used to talk my kids through the day’s schedule, making sure they were organized and ready for any quizzes or tests. But the girls let me know the first week of school

her driver’s license. What a welcome change that will be!

Back at home, I breathe a huge sigh of relief that there’s no one depending on me for the next 10 hours. I look around our empty house, ecstatic that I have the whole day to myself to finally do all the things I could never do before — go on a shopping spree, start a new career, take tennis lessons, meet friends for lunch, train for a marathon.

But, of course, I wouldn’t want to jump into my newfound freedom too quickly. Instead, I check to see if there’s any laundry to be done, then remember that I did it all yesterday. I peek at the computer every 10 minutes to see if any pressing emails have come in. I wander the house looking for dust bunnies.

Eventually, I microwave my cup of lukewarm coffee I inadvertently left in the pantry, and plunk down at the kitchen table.

Now what?

Just then, I hear a thunk in the bedroom upstairs. Stirring from his morning nap, our 8-year-old labradoodle, Dinghy, comes down the back staircase of our old base house, his toenails clapping on the wood flooring. With a boney clunk, he sits in front of me, lifts a lanky paw and scrapes it over my thigh.

Terrific. Just when I was about to savor the sweet solitude of freedom, it dawns on me. I’m not free just yet. I’m still key and essential to this household.

With renewed purpose, I get out my To Do list and scribble, “1. Walk dog, 2. Feed dog, 3. Teach old dog new tricks, 4. Buy new dog toys, and 5. Go to dog park.”

Looks like my work is never done. (Visit “The Meat and Potatoes of Life” at [www.themeatandpotatoesoftlife.com](http://www.themeatandpotatoesoftlife.com).)

# Hawaii Exchange honors retirees

‘Still Serving’ promotions run from Oct. 3-9 at PX

**ARMY & AIR FORCE EXCHANGE SERVICE**  
News Release

SCHOFIELD BARRACKS — To pay tribute to veterans’ enduring sacrifices, the Schofield and Hickam exchanges will salute America’s 2.4 million military retirees with “Still Serving” events, a week of special savings and promotions designed to show appreciation.

From Oct. 3-9, military retirees can take advantage of in-store events, along with discounts and giveaways online.

Schofield Exchange events include sampling of Godiva candy, wine and tea, Oil of Hawaii tasting, Philosophy hand cream demo, Prestige Cosmetic makeovers, giveaways and Spin the Military Star Wheel.

The Schofield event will run 10 a.m.-noon, Oct. 3-5. Cake and coffee will be served.

This year’s discounts include 10 percent off one shopmyexchange.com order of \$100 or more and \$10 off any optical



purchase of \$100 or more when using a Military Star card.

Exchange shoppers can also enter to win prizes on the Exchange’s Facebook page. Prizes include the following:

- A 10-piece Calphalon Unison Slide & Sear nonstick cookware set valued at \$519.
- Nine Cuisinart kitchen appliances valued at \$2,000.
- A special edition Harley-Davidson tool storage with a 309-piece mechanics tool set valued at \$1,800.

Retirees are an essential part of the total team. When retirees support the Exchange, they are a key enabler to the sustainment of quality of life programs for Schofield and Hickam. We honor their continual commitment, strength, sacrifice and service to our nation, echoed Cathy Ely and Denise Stanley.

Still Serving is the annual effort to thank veterans for all they do on behalf of our military communities, they added.

**Access the Exchange**

All authorized Exchange shoppers may take advantage of discounts and events.

Call the Schofield Exchange at 622-1773 or Hickam Exchange at 422-5395.

Visit the Exchange Facebook page to enter to win prizes at [facebook.com/AAFES.BX.PX](https://www.facebook.com/AAFES.BX.PX).

Visit [www.shopmyexchange.com](http://www.shopmyexchange.com).





More than 40 volunteers pick-up trash at Fort DeRussy in Waikiki in honor of National Public Lands Day and International Coastal Clean-up Day, Saturday.

# Corps of Engineers help clean up Fort DeRussy

Story and photo by  
**JOSEPH BONFIGLIO**  
U.S. Army Corps of Engineers  
Honolulu District Public Affairs

FORT SHAFTER — More than 40 volunteers picked up trash at Fort DeRussy in Waikiki in honor of National Public Lands Day and International Coastal Cleanup Day, Saturday.

The Corps of Engineers’ Regional Visitor Center coordinated the event, which was supported by Corps employees, Delta Sigma Theta Sorority and Punahou Junior ROTC cadets.

About 20 cadets led by Lt. Col. Robert Takao, Punahou JROTC commander, concentrated their efforts on cleaning up the beach berm behind historic Battery Randolph.

“We’ve been doing this for the last seven or eight years, and we always get willing volunteers. It’s never hard to get the cadets to come out because they realize how good it is for our world to do things like this. I’m really proud of them,” Takao said.

Volunteers picked up over 10 large bags of trash from the area.

“We’re happy about educating the public on the importance of preserving and improving our precious natural and cultural treasures,” said Angela Jones, head park ranger

for the RVC.  
National Public Lands Day is the largest single-day volunteer effort for public lands in the U.S. It began in 1994 and focuses on education and partnerships to care for the nation’s natural treasures.  
In 2013, more than 16,000 volunteers worked to clean 1,651 miles of shoreline, maintain 135 miles of trails and plant some 835 trees and shrubs at USACE-operated sites.

**More Online**  
To learn more, visit [www.publiclandsday.org](http://www.publiclandsday.org).


# Good back-to-school habits offered

HONOLULU — A nutritious well-balanced diet can improve a child’s health, academics and behavior.

Currently, 1 in 3 children are considered overweight or obese in the U.S. This designation increases risk of several chronic diseases, which are affecting people at much younger ages.

The “Journal of School Health” published a study that found children who ate a nutritious well-balanced diet were at 28 percent risk for being overweight/obese compared to 45 percent of kids who ate unhealthy diets. Not only is a child’s physical health improved with a nutritious diet, but also their mental health, academics and behavior. Children need a diet rich in fruits, vegetables, lean protein, low-fat dairy and whole grains to have energy and focus to help absorb knowledge.





**ASK THE DIETICIAN**

**CHELSEA TOLEDO**  
Tripler Army Medical Center

- Include them in the decision-making, like having them pick the fruits and vegetables or choosing a new recipe;
- Prepare lunches/snacks together;
- Add color with vegetables and fruits, and add shapes (using cookie cutters for fruits and sandwiches); and
- Avoid prepackaged foods to help decrease sodium, preservatives, fat and calorie intake, by preparing ahead (cut fruits and vegetables for whole week, proportion servings, etc.).



File photos

**Start the day with a healthy beginning by having fruits and muffins for breakfast, the most important part of the day. Better memory, higher test scores are associated with eating breakfast.**

Nutritious eating plays a very important role in your child’s health and success; however, it can be a struggle to actually get your child to eat the foods that are best for them.

**Quick tips for success**

Here are a few tips to increase your child’s interest in healthy meals and snacks:

**Build a breakfast habit**

Breakfast is a very important part of the day and should not be skipped, especially for students. Eating breakfast has been associated with better memory, higher test scores, better attention span and healthier body weights.

Breakfast can be a hard meal to get into the day; however, preparing the night before can help (hard-boiled eggs, cut fruits, homemade muffins).

Protein is an important component of breakfast to help keep children satisfied and focused until lunch time. Some examples are whole wheat toast with an egg and bacon, Greek yogurt with granola and fruits, or light cream cheese and a bagel.

**Try home lunches**

Home lunches provide a healthier option for your child. A well-balanced nutritious lunch should have a starch, fruit, vegetable, protein and snack.

Add variety and fun to lunches by getting

creative. Sandwiches can be made with whole wheat mini bagels, veggie wraps, whole wheat bread or whole wheat pita pockets (spread with hummus, avocado, light cream cheese or veggie/light mayo), and finally, fill it with vegetables, cheeses and sliced meats.

Sides can be fruits, vegetables, homemade granola bars, string cheese or yogurt. Snack should only be one.



Water is a preferred drink option.

**Liquid options**

Finally, the best drink options are water or milk. Fruit juices have added sugar that your child doesn’t need.

Try not to overpack to avoid food waste and use smaller portions or just one side and a snack.

When children arrive home after school, they may be hungry, so a snack before dinner time is good. But stick to a fruit, vegetable or whole grain with a protein that’s not a high fat or sugar treat.

Some easy and healthy ideas are yogurt parfaits (yogurt, granola and fruit), kabobs (with low fat cheese, meats or fruits), apples and peanut butter, vegetables and low-fat ranch, or quick pizzas with tomato sauce and cheese on a whole wheat muffin.

*(Editor’s note: Toledo is a dietetic intern at TAMC.)*



Eat a lunch that is well balanced with a limit on snacks.

## Advice, eat light

U.S. ARMY GARRISON-HAWAII  
Public Affairs

SCHOFIELD BARRACKS — The 26-week Performance Triad Health Challenge hopes to maintain, restore and improve the stamina, resiliency and health of the Army.

Its goal is to improve overall health by motivating Soldiers, families, retirees, Department of the Army civilians and communities to make healthier decisions regarding sleep, activity and nutrition, or SAN.

**Sleep Goal**

To improve your sleep, avoid large meals before bedtime.



File photo

**Avoiding heavy meals before bedtime that can impact restful sleep.**

**Activity Goal**

Want the same health benefits with less time? Bump up the intensity. Get at least 75 minutes (or 1 hour and 15 minutes) worth of vigorous-intensity aerobic activity.


Vigorous-intensity activities include hiking uphill, jogging or running, swimming laps, singles tennis and biking faster than 10 mph.

**Nutrition Goal**

Did you know that plant proteins are high in fiber and low in saturated fat?

Add nuts, beans and peas (such as chickpeas), and soy products (such as tofu) to snacks and meals.

**Learn More**  
Visit [www.choosemyplate.gov/food-groups/downloads/tentips/dgtipsheet6proteinfoods.pdf](http://www.choosemyplate.gov/food-groups/downloads/tentips/dgtipsheet6proteinfoods.pdf).



# Fall arrives and vaccinations soar

TRICARE  
News Release

To prepare for the fall school year and the holiday season, TRICARE beneficiaries can protect their families by using TRICARE’s vaccine benefit.

Vaccines lower the chances of catching serious diseases and reduce long-term health care costs. That’s why it’s good news that TRICARE is covering more vaccine claims than ever.

One of the most contagious and common viruses during winter is the flu. Getting the flu vaccine protects you and those around you who are at higher risk from the flu, such as children, older adults and pregnant women.

“Last year, during flu season, TRICARE covered flu vaccines for more than 453,000 beneficiaries,” said Dr. George Jones, the Defense Health Agency pharmacy chief. “We expect this number to climb even higher this season, since many beneficiaries are getting vaccinated earlier.”

Being vaccinated every year is the best way to prevent the flu; TRICARE covers both the flu shot and the flu mist.

Last fall and winter, over 50,000 adults also received the shingles vaccine, and within just the past five months, almost 22,000 more beneficiaries were also vaccinated.

“Shingles is a painful, but preventable disease,” said Dr. Jones. “TRICARE beneficiaries 60 and older can get the shingles vaccine, Zostavax, at no cost from one of our 45,000 network pharmacies.”



Spc. Paxton Busch, Pacific Regional Medical Command Public Affairs

**HONOLULU — Sgt. Jonathan Lafleur (right), allergy immunizations technician, Tripler Army Medical Center, gives the influenza vaccination to Spc. Tyler Warren during a visit to TAMC, here, Aug. 18.**

**Rising vaccination requests**


TRICARE claims for vaccines have increased almost 11 percent in the past 12 months.

In the past six months, TRICARE has also helped prepare children for school by covering about 8,400 vaccines against tetanus, diphtheria and whooping cough, and more than 400 vaccines for measles, mumps, rubella and chickenpox at retail pharmacies alone.

Overall, TRICARE covered nearly 14,000 vaccines for children 0-18 years old.

Almost any doctor will tell you it’s better to prevent a disease than treat it. TRICARE beneficiaries can keep their families safe by using the no-cost vaccine benefit before vaccine-preventable diseases occur.

Beneficiaries can get vaccines at no cost from any TRICARE-authorized pharmacy. The standard co-payment for an office visit applies when you get a vaccine in a doctor’s office.



**Immunizations**


The general flu number for island military beneficiaries is 433-1FLU (1358).

- Front desk, TAMC Allergy and Immunization Clinic, 433-6334;
- Schofield Barracks Troop Immunization Clinic, 433-8800;
- Family Practice Allergy and Immunization Clinic, 433-8155; and
- Pediatrics Immunization Clinic, 433-2778, ext. 312.

**Learn More**

To learn more about flu basics, treatments and prevention, visit [www.cdc.gov/flu](http://www.cdc.gov/flu).

To find a pharmacy or provider that participates in the vaccine program, and to see a list of covered vaccines, call 1-877-363-1303 or go to [www.tricare.mil/vaccines](http://www.tricare.mil/vaccines).



## Drive: 311th steps up

CONTINUED FROM B-3

Chu, Fern’s school counselor.

“We’re looking forward to the upcoming school year, and our friends from Fort Shafter,” Chu added.

The Soldiers of HHC have been partnering with Fern Elementary since 2011 for various events throughout the school year, such as the monthly Read Out Loud book program for Soldiers to read to students, and the school’s annual Drug Free Jump Rope for the Heart field day, which promotes active healthy lifestyles and introduces students to positive role models and professional opportunities.

“The staff and students of Fern Elementary are some of the most genuine people that I have ever encountered,” said Stefanie Grams.

“I love spending time here, and I’m happy to be involved and support in any way possible.”